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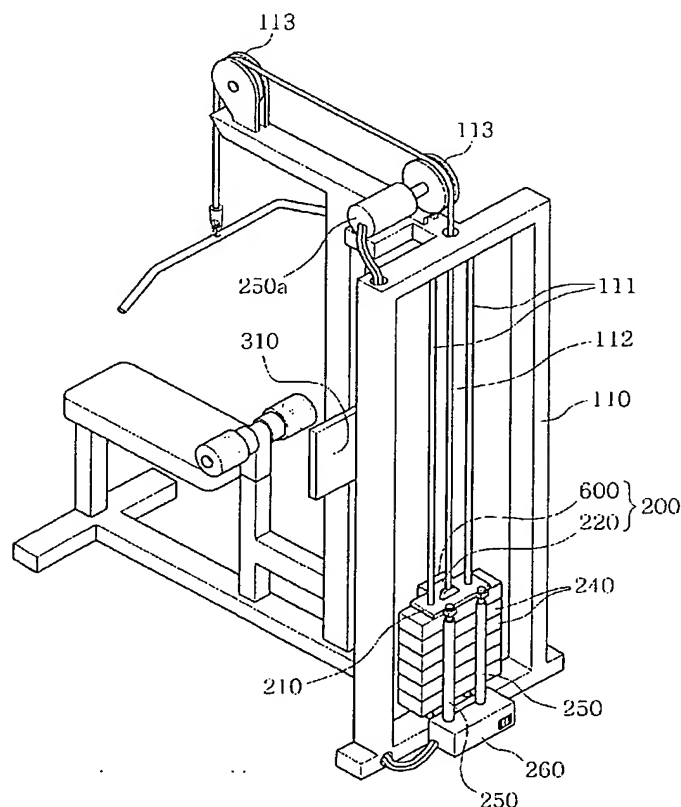
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(54) Title: WEIGHT-TRAINING MACHINE HAVING INDEPENDENT POWER GENERATING FUNCTION AND STACK
FOR THE MACHINE



(57) Abstract: Disclosed is a weight-training machine having an independent power generating function, which may improve the exercising effect, control the weight caused by a solenoid without external power together with keeping a conventional button manner and eliminate a space limitation for installation of the machine. The weight-training machine has an independent power generating function so as to minutely adjust an exercising load without supply of external power. An operation distance between a fixing plate and a push button of a fixing device is minimized to allow one-touch manipulation. The solenoid may be operated with a lower electric energy. Thus, stacks are not shaken in right/left or front/rear direction on the basis of the fixing plate and the insert groove when a stack selected by the fixing plate and stacks upon the stack are moved up and down at the same time.

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